

## 3 DAY BOWEL PREP - COLONOSCOPY INSTRUCTIONS

YOUR COLONOSCOPY IS ON
Date: _____

### PURCHASE PICOPREP (2 SACHET PACK) AND GLYCOPREP 70 GM (1 SMALL SACHET) FROM A PHARMACY

These are strong laxatives that will help to clean out the bowel. Dissolve each sachet of PICOPREP in a glass of warm water. Dissolve GLYCOPREP in 1 L of warm water. Cool these down in the fridge for a better taste. (NOTE: Please follow these instructions and not the instructions from the packets).

### SEVEN DAYS BEFORE THE COLONOSCOPY

- Stop eating seeds and seeded breads.
- If you are taking blood thinner medication the Doctor will advise you when you need to stop taking the medication. I.e. Plavix, Warfarin, Aspirin and anti-inflammatories.

Name of Blood Thinner: \_\_\_\_\_ Date to Stop taking: \_\_\_\_\_

Other Medication instructions: \_\_\_\_\_

### THREE DAYS BEFORE THE COLONOSCOPY

We will call and give you an admission time and remind you of any excess or payment required on the day.

### TWO DAYS BEFORE THE COLONOSCOPY - BOWEL PREP

- **Breakfast and lunch:** light meal such as white toast and eggs.
- Start **Clear Fluid Diet** from 1 pm, after lunch
- No solid foods from this point on.
- Start to drink the 1 L of GLYCOPREP at 3 pm.
- Organise someone to pick you up after the procedure.

### THE DAY BEFORE THE COLONOSCOPY - BOWEL PREP

- Continue with the **Clear Fluid Diet**
- Drink the first glass of PICOPREP at 2 pm
- Continue to drink clear fluids
- Drink the second glass of PICOPREP at 6 pm

### THE DAY OF THE COLONOSCOPY

- Nil by mouth (including water) for 6 hours before your admission.
- Take your morning medications as per instruction by Dr Le.
- Your bowel motions should be a pale yellow liquid to indicate a clean bowel.
- Please bring your medications with you for the Anaesthetist to review.

**It is important for you to drink a lot of clear fluid throughout your preparation period to ensure the procedure is successful.**

You must drink at least 2 litres of clear fluids before your 1<sup>st</sup> picoprep. Keep drinking clear fluid up to 6 hours before your procedure.

**Clear fluid diet** includes cordial, Gastrolyte, clear apple juice, Gatorade, green tea, black tea, black coffee, jelly, clear soup, such as chicken or beef stock, water and soft drink. You can make your own stock and drain off the solids.

*If you can see through it, you can drink it.  
If not, you can't.*

### TIPS TO MAKE YOUR BOWEL PREP MORE PLEASANT

- You can take Panadol for headaches.
- Expect to go to the toilet a lot. Zinc and castor oil cream or baby wipes can help to ease discomfort.

### AFTER THE COLONOSCOPY

- Dr Le will give you the results of the Colonoscopy and a formal report will be sent to your family doctor. This can take 2-3 weeks.
- It is illegal to drive a car or operate a machine for 24 hours after an anaesthetic. Ask your driver to come inside to collect you. A motor bike or a learner driver is not suitable.
- For your safety it is a requirement of this facility that you have a responsible adult care for you overnight post-operatively until the next day.
- You may return to work the next day.
- You may get a bloated feeling. Eat simple, low fat food afterwards.
- You must not travel by air for 2 weeks after a Colonoscopy.
- If any pain persists after a Colonoscopy, or if there is something you feel is unusual, please contact our clinic, your local doctor or the nearest hospital for advice.  
Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4455 1333
- You may restart your medications as instructed by Dr Le or your Anaesthetist.